Gluteal Region Muscles

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| Gluteus Maximus |  |
|  | O: ilium, dorsal sacrum, coccyx & sacrotuberous ligament  I: ITB & gluteal tuberosity  N: inferior gluteal n (L5, S1, S2)  A: 1. extends & laterally rotates hip  2. ABducts hip  3. inferior fibers can ADDuct hip |
| Gluteus Medius |  |
|  | O: Ilium  I: Greater trochanter  N: Superior Gluteal (L5, S1)  A: 1. Open chain- ABducts hip  2. closed chain- stabilizes pelvis  3. anterior fibers- flexion and internal rotation  4. posterior fibers- extension and external rotation |
| Gluteus Minimus |  |
|  | O: Ilium  I: anterior border of Greater Trochanter  N: superior Gluteal n. (L5, S1)  A: 1. ABduction  2. Medial/internal rotation  3. Weakly assists with hip flexion |
| Piriformis |  |
|  | O: Anterior surface of sacrum & sacrotoberous ligament  I: Superior Border of Greater Trochanter  N: Nerve to Piriformis- ventral rami S1, S2  A: 1. Laterally rotates & Extends Hip  2. Assists in ABduction (when hip is flexed) |
| Obturator Internus |  |
|  | O: Pelvic Surface Obturator membrane & Ischium  I: Medial Surface of Greater Trochanter  N: ***Nerve to Obturator internus* (L5-S1)**  A: 1. Laterally rotates hip  2. assists with ABduction (*when hip is flexed!! )* |
| Superior Gemellus |  |
|  | O: ischial spine  I: medial surface of greater trochanter  N: nerve to obturator internus (L5-S1)  A: 1. Laterally rotates hip  2. assists with ABduction (*when hip is flexed!)* |
| Inferior Gemellus |  |
|  | O: ischial tuberosity  I: medial surface of Greater Trochater  N: **Nerve to Quadratus Femoris (L5-S1**)  A: 1. Laterally rotates hip  2. Assists with ABduction (*when hip is flexed!!)* |
| Quadratus Femoris |  |
|  | O: Lateral border of Ischial tuberosity  I: Intertrochanteric Crest  N: Quadratus Femoris N. (L5- S1)  A: Laterally rotates hip |
| Obturator Externus | *\*medial thigh m. \** |
|  | O: rami of pubis & ischium & external surface of Obturator membrane  I: trochanteric fossa of femur  N: Obturator N (L3-4)  A: 1. Lateral/external rotator of the thigh  2. ADDucts hip |